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START
YOUR
DAY RIGHT!



AGRICULTURAL EXTENSION SERVICE
COLLEGE OF AGRICULTURE
UNIVERSITY OF CALIFORNIA



INV. '60

THIS IS JANE

UNITED STATES



JANE SAYS . . .

"My friends and I like 4-H Club work because we do so many different things. We have meetings, tours, demonstrations, exhibits, summer camp and lots of other things."

THIS IS JACK



JACK SAYS . . .

"I am a 4-H Club member, too. Our club has lots of fun. Next to club work I like swimming, baseball and hiking."

THIS IS MRS. BROWN



MRS. BROWN SAYS . . .

"I am a 4-H Club local leader. We have a peppy club for peppy boys and girls. Jane and Jack belong to our 4-H Foods Club and they both like to cook. I think you will like it, too."

START YOUR DAY RIGHT

GLADYS BOONE, Alameda County Home Advisor

LOIS LYMAN, Kern County Home Advisor

JANE AND JACK want you to know why 4-H'ers are so happy and healthy and have so much fun.

JANE says, "Mrs. Brown taught us to eat these important foods every day:"

Milk

Vegetables

A deep-green leafy or yellow vegetable
plus

Other vegetables, including potato

Eggs, meat, fish, poultry, or cheese
(and sometimes beans and peas)

Fruits

Orange, grapefruit, tomato, melon or
berries

Other fruits

Whole-grain breakfast cereal or whole-grain bread

MRS. BROWN says, "*in your meetings* you will make a plan to share the cost of the food you use. You will also plan ways to make good breakfasts." *At home* you will:

Prepare and serve milk in 3 different ways

Prepare and serve raw fruit 3 times

Prepare and serve dried fruit 3 times

Prepare and serve cooked cereal 3 times

Prepare and serve eggs 3 times

Prepare and serve breakfast breads 3 times

Prepare and serve a breakfast for the family

Set the table correctly for 5 or more meals



HOW DOES YOUR DAY START?

		Put check in column which tells what you do		
		I am learning to like	I like and eat often	I had for breakfast today
Jane and Jack eat important foods from each section of this chart for breakfast every day				
1. Milk	1 glass			
2. Whole grain cereal with milk or cream or Eggs with whole-grain toast (or bread)	1 bowl 1 or 2 1 slice (or more)		
3. Fruit Orange, grapefruit, tomato, melon, or berries or Other fruit	1 helping or glass of juice 1 helping		

JANE AND JACK can put a check after each important food. Can you? Sometimes they add bacon to their breakfast. At other times they eat muffins, waffles, pancakes, or popovers in place of their cereal or toast.

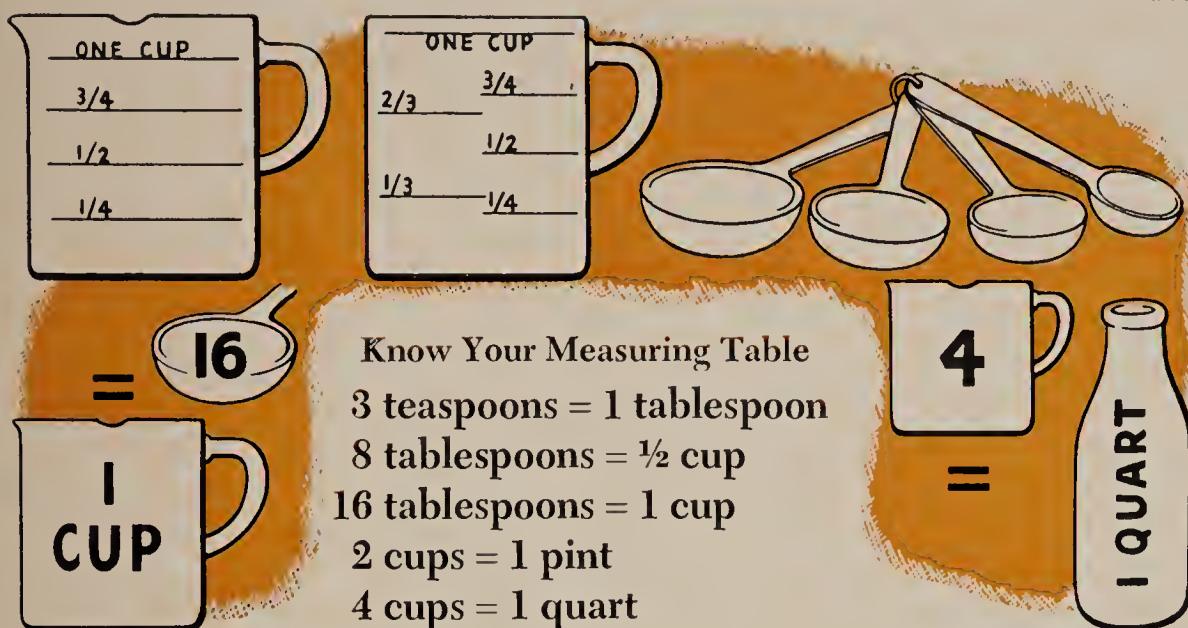
GOOD COOKS

- Have clean hands and nails
- Wear washable clothes or an apron
- Have a tested recipe
- Use standard measuring cups and spoons
- Collect all the foods before they begin
- Wipe up things they spill on the floor
- Are extra careful around the stove
- Use ladders instead of rickety chairs
- Keep working space neat
- Wash the cooking utensils after they use them



MEASURE FOR SUCCESS

USE THESE MEASURING CUPS . . . THESE MEASURING SPOONS



JACK SAYS:

"I always sift flour before I measure it. Then I put the flour carefully into the cup with a spoon until it reaches the level I want."



JANE SAYS:

"Mrs. Brown showed me an easy way to measure shortening. I fill the measuring cup with water. Then, if I want $\frac{1}{4}$ cup of shortening, I pour out $\frac{1}{4}$ cup of water. I put the shortening right into the water left in the measuring cup. When the water comes up to the 1 cup mark, I know I have $\frac{1}{4}$ cup of shortening. I pour off the water and the correct amount of shortening is in the cup. I can measure any amount of shortening less than a cupful this way, and it's much easier to wash the cup afterward."



You will learn more "tricks of the trade" as you learn to cook.

INVITATION TO THE TABLE

JANE AND JACK like to please their families with different table arrangements. Sometimes they add flowers from the garden . . . sometimes they use place mats instead of a table cloth . . . but they always check to be sure the silverware and dishes are in the right place. This is where they go:

On the left

Fork

Napkin

Bread and butter plate
(if used)

In the center

Plate

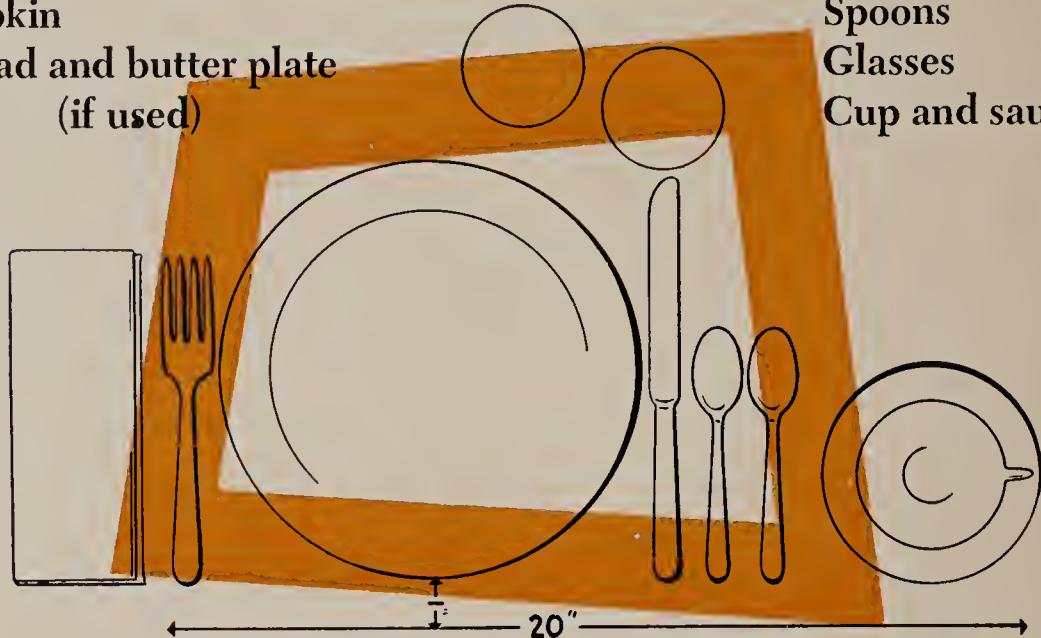
On the right

Knife

Spoons

Glasses

Cup and saucer



K.P. CAN BE QUICK

JANE AND JACK make a game of seeing how fast they can clean up. Mrs. Brown listed the clean-up rules for their club and said, "The more times you follow this plan, the quicker it will go."

Get Ready

Use a table an easy working height for you.

Work near where you keep the dishes.

Store soap and dishpan near the water supply.

Have lots of hot water.

Have clean tea towels.

Scrape all the dishes.

Pile dirty dishes in one place.

Go

Fix hot soapy dishwater.

Wash and dry glasses and silverware.

Wash other dishes.

Stack in drainer, rinse and leave to dry.

Wash pots and pans.

Clean the stove.

Wash dishcloth and hang it to dry.

Hang tea towels to dry.

Take out the garbage.

Sweep the kitchen.

HOW DO I RATE ?

MRS. BROWN says, "You are courteous if you are always kind and thoughtful of other people. This is very important at meal time, whether you are at home or eating out." She asked Jane and Jack to have someone in their family score them on their courtesy at meal time. The highest score is 60. How close do you come?

BEFORE THE MEAL

- I wash my hands and face
- I comb my hair
- I ask my mother if I can help
- I help set the table

Never	Sometime	Usually	Always
0	1	2	3

AT MEALTIME

- I am on time
- I wait until everything is ready before I start
- I help my mother serve the meal
- I try everything mother serves
- I am cheerful
- I am a good listener

WHEN I EAT

- I use my knife for cutting and spreading only
- I keep my silver on the dishes I use
- I sit tall
- I cut one bite at a time
- I handle my silver carefully
- I eat quietly

WHEN I AM A GUEST

- I arrive on time
- I am friendly to everyone present
- I try all foods served
- I add to the conversation

TOTAL SCORE

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ACROSS

1. An important breakfast food
4. Rhyme
7. The boy who makes the most points for the school team
8. In place of
9. A wing
11. Page of a book
13. High card
15. Consult further (abbr.)
16. What a hamburger goes into
18. You pay when the postman delivers
19. New England state (abbr.)
20. We
21. The man we see when we don't eat properly (abbr.)
22. "Not I," said the little red one
23. Six points, in football (abbr.)
24. United Nations Organization (abbr.)
25. These stick out the side of some books
27. Breakfast in England includes this
30. Picce out (Also, girls say this when they see a mouse)
31. To relate a story
32. These go fast when they're hot (Slang).
33. The most useful liquid on the farm

DOWN

1. Long, slender fish
2. Many breakfast foods are made from this
3. What you do when the light turns green
4. Pushed the boat
5. Mineral in the rough
6. These go fast when they're hot, too—at breakfast
7. Exclamation of delight
10. Both sides of a hog
12. Measure of land
14. A popular milk drink
16. Spread this on toast
17. United States Department of Agriculture (abbr.)
21. Evenings
22. A place to stay, in town
26. A boy's best friend, after a hard day's work
28. Large deer
29. Boy's nickname
31. Seventh note of the scale

